



Owner's Guide



R2850HRT AND E3800HRT
COMMERCIAL FITNESS BIKES

Congratulations on choosing a VISION FITNESS Bike. You've taken an important step in developing and sustaining an exercise program! Your Bike is a tremendously effective tool for achieving your facility's fitness goals. Regular use of your Bike can improve the quality of your members' lives in so many ways.

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Bike will be an important tool in helping your members achieve this exercise habit. This Owner's Guide provides you with basic information on using this VISION FITNESS Bike. A more complete knowledge of your new Bike will assist you in helping your members achieve their goals.

Some kinds of service to your Bike should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
500 South CP Avenue
P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

Table of Contents

ALL MODELS

SAFETY INSTRUCTIONS	4
ASSEMBLY & MOVING THE BIKE ...	6
STABILIZING THE BIKE, PEDAL STRAP ADJUSTMENT	7
E3800HRT SEAT POST ADJUSTMENT .	8
R2850HRT SEAT RAIL ADJUSTMENT, LUMBAR ADJUSTMENT, TILTING SEAT .	9
CONTACT HEART RATE	10
HEART RATE CHEST STRAP	11
SELF-POWERED FEATURES	12
USING THE OPTIONAL ADAPTER, REPLACING BATTERY	13

R2850HRT

E3800HRT CONSOLE

DISPLAY CONSOLE	14
DISPLAY CONSOLE DESCRIPTIONS ..	15
CSAFE PORTS, USING THE FAN	17
PROGRAMMING OVERVIEWS	18
USING THE CONSOLE	20
USING THE PROGRAMS	22
USING THE SPRINT 8 PROGRAM ...	23
USING THE FIT TEST PROGRAM	24
USING CUSTOM PROGRAMS	26
USING HRT® PROGRAMS	27

GENERAL

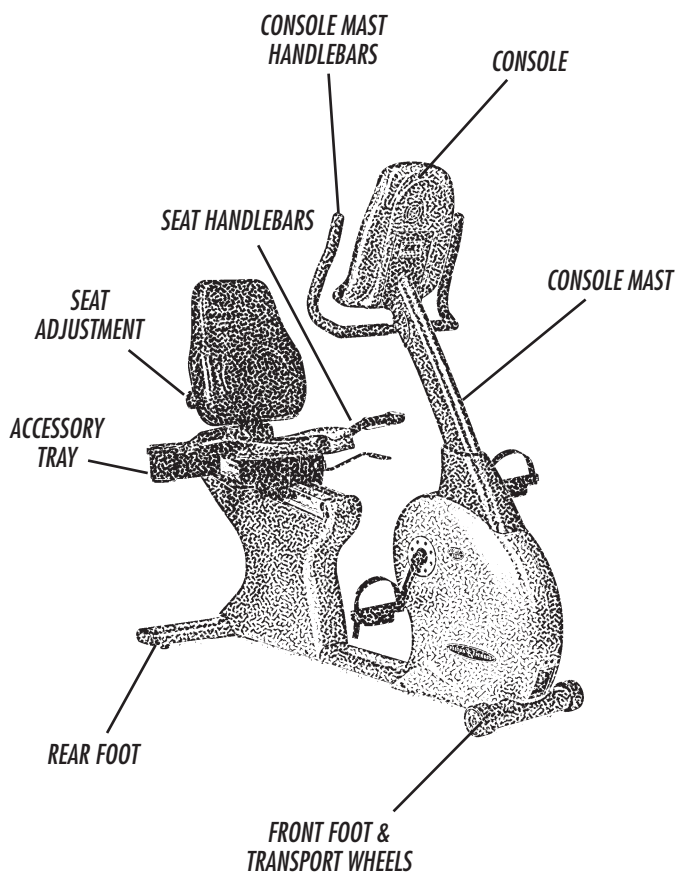
USING FACILITY ENGINEERING MODE SETTINGS	29
USING ENGINEERING MODE	30
SERVICE AND TROUBLESHOOTING PREVENTATIVE MAINTENANCE	31
TRUBLESHOOTING	32
OBTAINING SERVICE	33
LIMITED HOME USE WARRANTY ...	34
COMMERCIAL WARRANTY	36

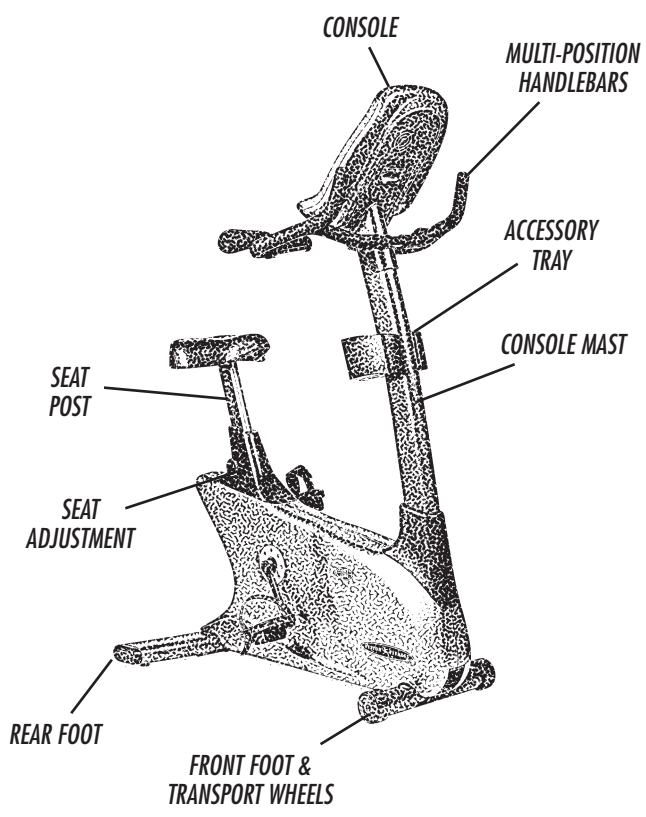
ALL MODELS

R2850HRT

E3800HRT

GENERAL





IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

Your VISION FITNESS Bike is self-generating (requiring no external power source) and must be pedaled to power-up the console.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's Guide. Only use attachments recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Bike if it is not working properly or if it has been damaged or immersed in water. Return the Bike to a retailer for examination and repair.
- Do not use outdoors.

CHILDREN

- Keep children off of the Bike at all times.
- When the Bike is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS BIKE

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of the Bike.
- Read this Owner's Guide before operating this Bike.
- Drink plenty of fluids during your workout.

CLEANING

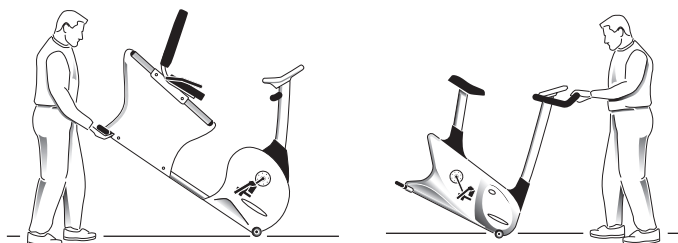
- Clean only with soap and a slightly damp cloth; never use solvents.

ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer, service provider or sales representative assemble and install your Bike. If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the included assembly instructions. If you have any questions regarding any part or function of your Bike, contact your retailer or service provider.

MOVING

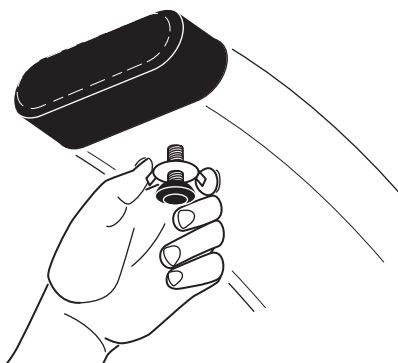
Your VISION FITNESS Bike has transport wheels included for ease of mobility. To move your Semi-Recumbent Bike, firmly grasp the rear of the frame assembly, or the rear of the seat rail. Carefully lift and roll on the transport wheels. To move your Upright Bike, firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



CAUTION: Our Bikes are well-built and heavy, weighing up to 160 pounds! Use care and additional help if necessary.

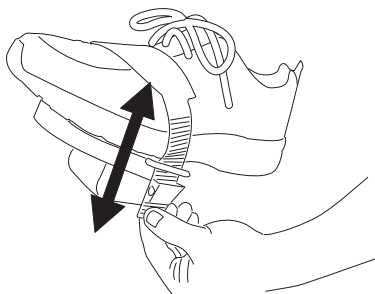
STABILIZING THE BIKE

After positioning the Bike in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that your Bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Bike is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



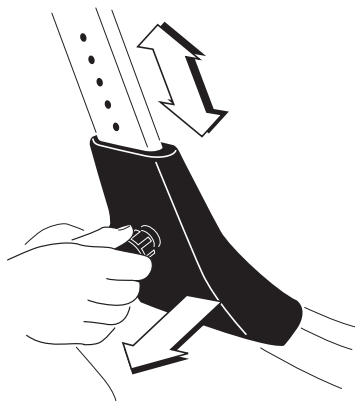
PEDAL STRAP ADJUSTMENT

The straps are designed to fit your individual foot size and should be adjusted tight enough to keep your feet from slipping. The pedals include spring-loaded clips for easy adjustment. To tighten the strap, pull down the open end of the strap. To loosen the strap, push down on the top of the clip and pull the strap up. Release the clip to lock in place.



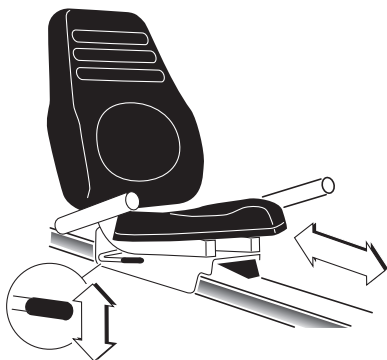
SEAT POST ADJUSTMENT *E3800HRT*

The *E3800HRT* uses a simple pull-pin adjustment knob to adjust seat height. To adjust, grab hold of the seat and pull the seat post knob out. Raise or lower the seat to its desired position and release the seat post knob. Push down on the seat to make sure the pin is secure in the rail.



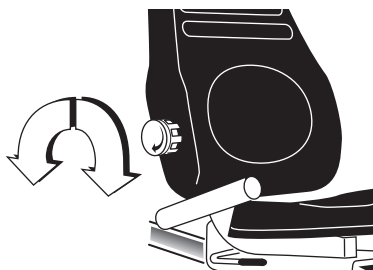
SEAT RAIL ADJUSTMENT *R2850HRT*

While seated on the Bike, lift the spring-loaded seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Release the spring-loaded seat lever and gently attempt to rock forward and backward to assure it is locked in place.



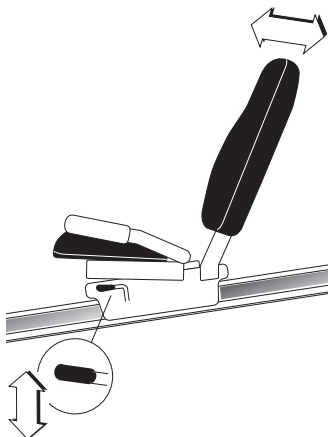
LUMBAR CONTROL ADJUSTMENT *R2850HRT*

To adjust the lumbar support, turn the knob located on the right side of the back support cushion. To increase the lumbar support turn the knob in a clockwise direction; to decrease support turn the knob in a counterclockwise direction.



TILTING SEAT BACK *R2850HRT*

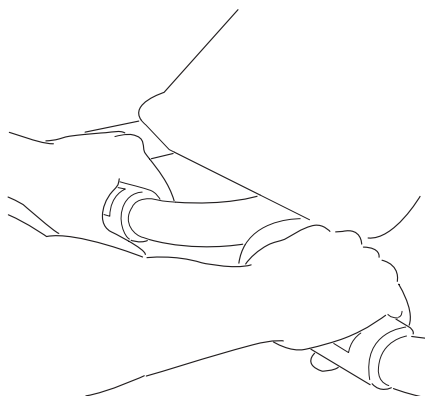
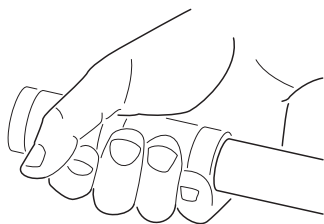
While seated on the Bike, lift the spring-loaded lever on the left side of the seat beneath the handlebar. Lean back on the back support cushion to get to the desired position. Release the lever to lock in place.



CONTACT HEART RATE

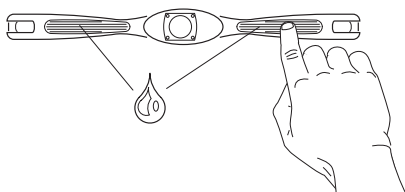
HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



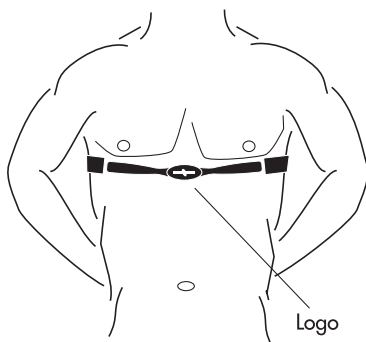
TELEMETRIC HEART RATE CHEST STRAP

The wireless Telemetric Chest Strap uses a pair of electrodes on the underside of the strap to send your heart rate signal to the console. Prior to wearing the chest strap, moisten the two rubber electrode pads with several drops of water. These electrodes must remain wet to provide an accurate signal. We advise using the chest strap against your skin, but it also functions through a thin layer of wet clothing.



STRAP PLACEMENT

Center the transmitter strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out. Adjust the elastic strap so it is snug but comfortable enough for proper breathing.



SELF-POWERED FEATURES

On the *R2850HRT* and *E3800HRT* the user's pedaling generates the power to initialize and display information on the monitor. A minimum of 20 RPM (revolutions per minute) is required to start and maintain enough power to keep the monitor functional. If the minimum RPM is not maintained, the monitor will begin to shutdown in order to maintain the batteries charge.

An optional adapter can be purchased to recharge the unit if necessary. This is recommended if your Bike receives inconsistent use, or long time periods between use. To purchase the optional adapter please contact your retailer.

SYMPTOMS OF A LOW BATTERY

If the Bike has not been used for an extended period of time, the battery may require recharging.

Symptoms of a low battery can include:

- A "LOW BATTERY" message will appear on the monitor
- Backlighting on the LCD display will be disabled

USING THE OPTIONAL ADAPTER

Connect the adapter into the socket at the front of the bike and plug the opposite end into the appropriate power source (110/120v). There will be an LED light on the power socket plate. The light will be RED while charging and GREEN when it has finished charging. The best times to use the power adapter are on initial installation and when the Bike is not used for long periods of time.

REPLACING THE BATTERY

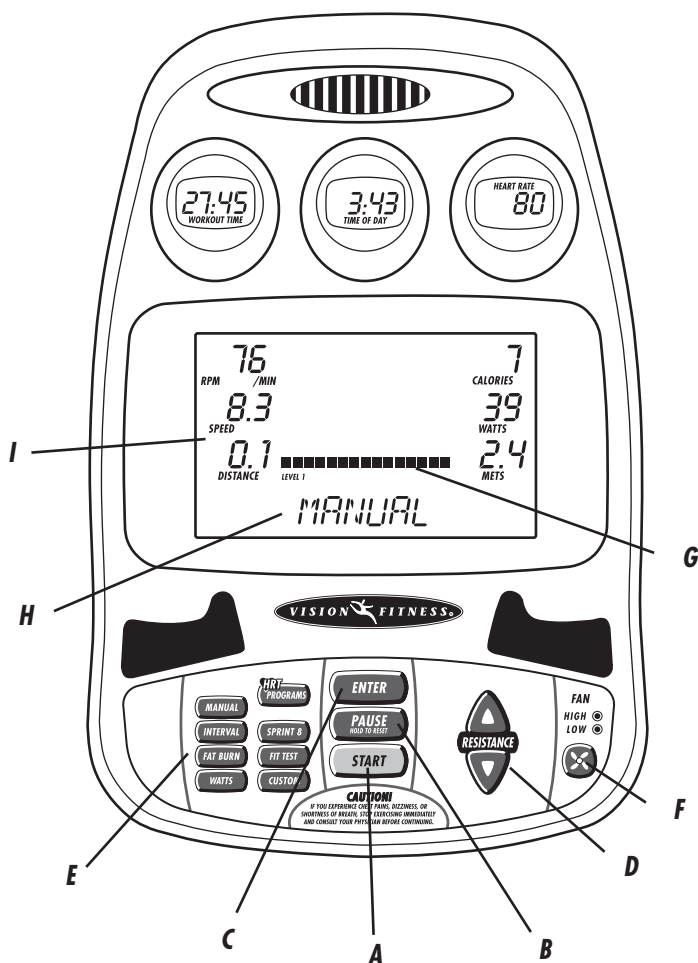
The battery should last a long time; however the type of use the Bike receives will ultimately play a factor in battery life. Please contact your authorized VISION FITNESS Dealer or Service Provider if you feel the battery needs to be replaced.

CAUTION: The battery stored inside your bike contains hazardous materials. It must be disposed of according to Hazardous Waste Regulations. Please refer to *Hazardous Materials and Proper Disposal*.

DISPLAY CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It allows the user to monitor the progress and feedback of each workout so they can track improvements in overall fitness over time.



DISPLAY CONSOLE DESCRIPTIONS

A. START

Press the START key to begin a MANUAL workout using the default settings and bypass initial set-up. When the program begins, the user has the ability to change resistance levels with the ARROW keys. Feedback information will be calculated using default settings.

B. PAUSE/HOLD TO RESET

PAUSE: If you need to PAUSE your program during a workout, pressing the PAUSE key will PAUSE your program for 30 seconds. Pressing START will return you to your workout.

RESET: If you need to RESET the console during your workout, you can do so by holding down the PAUSE/RESET button for three seconds, or until the display resets.

C. ENTER

This key is used to select specific information; such as age, weight, or resistance level, during setup of the users program.

D. ARROW KEYS

These keys are used to change values in setup mode prior to the workout. During the workout, they are used to change workout resistance levels. In Heart Rate Training (HRT®) programs they are used to change the target heart rate.

E. PROGRAM KEYS

These quick keys provide instant access to the workout programs and make program setup quick and easy. Additionally you can change workout profiles on the fly while working out in many of the programs.

F. FAN OPERATION KEY

This key is used to operate the fan and control the amount of air provided by the fan.

G. PROFILE DISPLAY

This window provides a 10x15 block profile display of workout segments.

R2850HRT

E3800HRT

DISPLAY CONSOLE DESCRIPTIONS (continued)

H. MESSAGE WINDOW

This window provides fixed and scrolling messages to walk the user through setup, provide instruction, provide feedback information, or provide positive re-enforcement.

I. FEEDBACK:

During your workout these windows display exercise feedback about your workout, including:

WORKOUT TIME: the time elapsed or the time remaining in your workout.

TIME OF DAY: the current time of day in either 12 or 24 hours.

HEART RATE: the rate at which your heart beats; measured in beats per minute.

PERCENT OF MAXIMUM HEART RATE: a comparison of your current heart rate to your predicted maximum heart rate ($220 - \text{age}$).

RPM: the pedal rate or Revolutions Per Minute (RPM).

SPEED: the pedaling speed in miles or kilometers since the start of your workout.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

CALORIES: an estimate of calories burned since the beginning of the workout.

WATTS: a measurement of workload; one watt is equal to six kilogram-meters per minute.

METS: a measurement of oxygen consumption; one MET equals the approximate amount of oxygen consumed per minute by a person at rest.

LEVEL: the current resistance level of your workout.

CSAFE

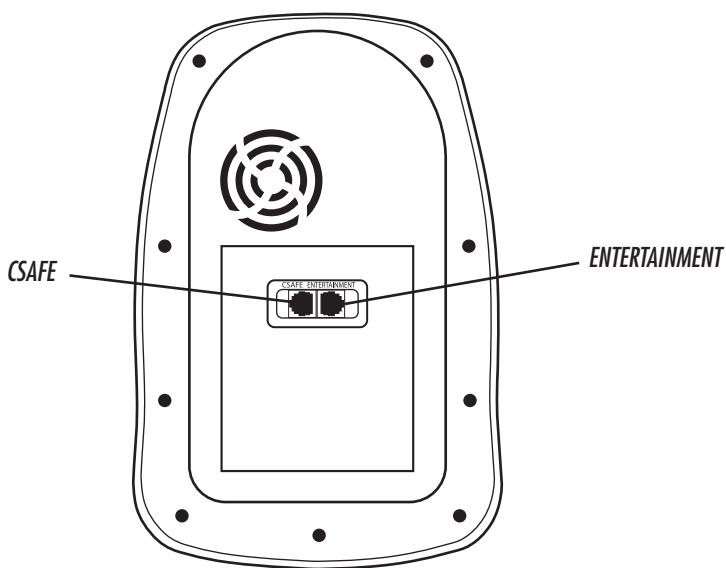
Two network ports allow the bike to use a fitness entertainment system, and/or a interactive fitness network such as Fitlinxx®.

CSAFE: This connection enables the console to upload the users exercise information to a fitness network data base.

ENTERTAINMENT: This feature allows the console to power a third-party receiver for entertainment systems such as Cardio Theater®.

These ports are located on the backside of the console and are enclosed by removable covers.

For more information about CSAFE specifications, please visit their web site at: www.fitlinxx.com/csafa



USING THE FAN

To operate the fan, press the fan key to cycle from OFF to LOW to HIGH to OFF. LED indicator lights will display what speed level the fan is set for. Please note that because this is a self generating product that the fan will shut down when the user stops pedaling.

PROGRAMMING

OVERVIEWS



MANUAL is a user-controlled program in which the user controls all resistance changes.



INTERVAL is an efficient workout that strengthens your cardiovascular system by alternating work intervals and recovery intervals.



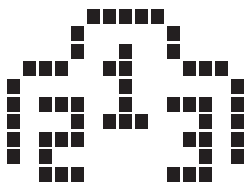
FAT BURN is a program that uses slight increases in resistance to achieve a higher workload and a higher amount of calories burned.



WATTS is a program that keeps the user at a set work load. The resistance will increase or decrease depending on the RPM to keep the user at a specific work load.



SPRINT 8 is an anaerobic based interval program. It incorporates eight high intensity intervals that last 30 seconds each with recovery intervals that last 90 seconds each. The SPRINT 8 program lasts 20 minutes.

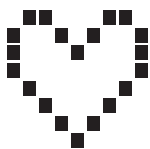


FIT TEST is a five minute sub-maximal test to evaluate the user's fitness level.

CUSTOM allows users or trainers the ability to preset five workout profiles by setting the workload for each segment in the program. Each program will be saved unless they are changed in setup.



HRT PROGRAMS



HRT CARDIO is a high intensity program designed to keep the user in the upper range of their predicted maximum heart rate. It promotes cardiovascular endurance and maximum calorie burning. The program automatically adjusts resistance to keep

you at 80% of your predicted maximum heart rate. This program is recommended for your athletic and high level participants.

HRT WEIGHT LOSS is a lower intensity workout that will help burn a higher percentage of calories from the body's fat reserves. The program will adjust resistance to keep the user at 65% of their predicted maximum heart rate. This program is great for beginner or intermediate level fitness participants.

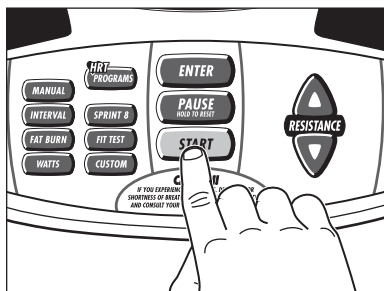
HRT INTERVAL alternates between intervals of 80% and 70% of the users predicted maximum heart rate. This program was designed to increase cardiovascular fitness capacity.

HRT HILL increases intensity levels from 65% to 70% to 75% to 80% of the users predicted maximum heart rate. This program is intended to promote cardiovascular strength and endurance.

USING THE CONSOLE

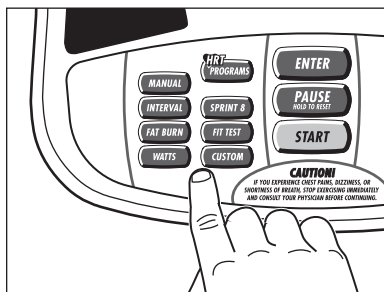
QUICK START

The easiest way to begin exercising is to simply press the START key. Current default settings will be used to determine exercise feedback. The user will need to adjust resistance as they need.



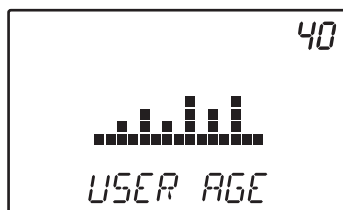
SELECTING A PROGRAM

The user will need to select one of the program keys on the left side of the console keypad. You can also scroll through program options by using the arrow keys on the console keypad.



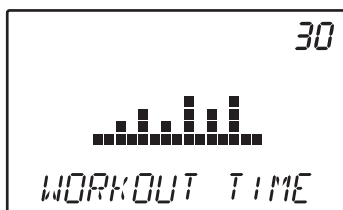
ENTER AGE

Use the UP arrow key and DOWN arrow key to adjust the displayed age to the correct value. Press ENTER to select.



ENTER WORKOUT TIME

Use the UP arrow key and DOWN arrow key to adjust the displayed workout time to the correct value. Press ENTER to select.



ENTERING RESISTANCE LEVEL

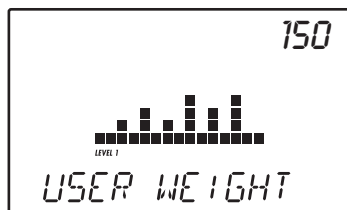
Use the UP arrow key and DOWN arrow key to adjust the displayed resistance level to the correct value. Press ENTER to select.

NOTE: the WATTS program will require the user to set WATT LEVEL instead of RESISTANCE LEVEL.



ENTER USER WEIGHT

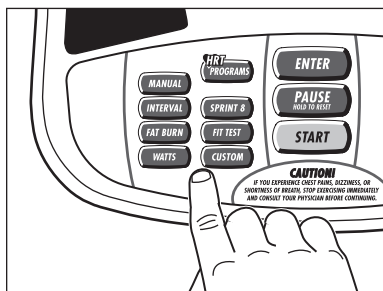
Use the UP arrow key and DOWN arrow key to adjust the user weight to the correct value. Press ENTER to select.



When all values have been entered the program will begin. You can press START at any time to begin the program with the settings you have entered.

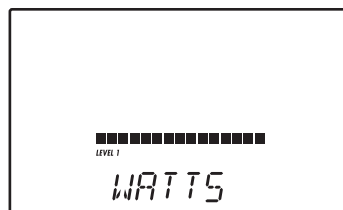
USING THE PROGRAMS

The MANUAL, INTERVAL and FAT BURN PROGRAMS are all preset program profiles with 15 segments of equal time. Each segment is 1/15 of the total program time. When adjusting the programs resistance level, the change will be made to the entire programs intensity level, not just the current segment.



USING THE WATTS PROGRAM

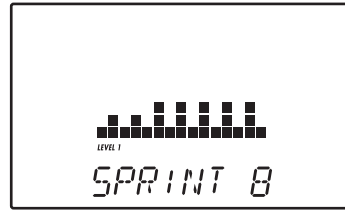
The WATTS program was designed to provide a consistent work load during the entire workout no matter what rate the exerciser is pedaling at. The constant watts values will range from 40 to 300 in increments of five. Each segment is 1/15 of the total program time. When adjusting the programs watt level, the change will be made to the entire program, not just the current segment.



USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an

effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, GO! SYNERGY FITNESS*. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.



The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second sprint interval. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The message display will prompt you to increase your pedal rate during the sprint interval and decrease pedal rate during the recovery interval. A difference of 30 to 50 RPM between sprint interval and recovery interval is recommended.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

USING THE FIT TEST PROGRAM

The FIT TEST program is a five minute sub-maximal fitness test that measures cardiovascular fitness and can be used to determine the exerciser's general fitness level. It is a great way for individuals to gauge exercise improvements over time.



For best results it is best to take the test under similar circumstances each time you take the test. Results may be dependent on the following factors:

- amount of sleep the previous night (minimum of six hours is recommended)
- time since last exercise (minimum of six hours is recommended)
- time since last meal (minimum of two hours is recommended)
- time since last caffeinated or alcoholic beverage (four hours is recommended)
- time of day

SET-UP

The exerciser will be asked to enter Age, Gender, Weight, and Activity Level. The activity level range is from 1 to 10.

Fitness Level Suggested Activity Levels

Inactive	Active	Very Active
1 – 4	4 – 7	7 – 10

Younger, taller and higher weight individuals are recommended to use higher values, while older, shorter and lower weight individuals should use lower levels. In cases of excessive weight, the user should use the lower values.

THE TEST

For best results the user is required to pedal between 40 and 60 RPM. The exerciser must keep their hands on the hand pulse heart rate sensors or wear a telemetric chest strap to complete the test.

NOTE: If 40-60 RPM is not maintained or the console does not sense a heart rate the test will be terminated.

THE RESULTS

Results are based on Estimated VO2 Max results for men and women.

FITNESS CHART

	AGE				
Men	20 – 29	30 – 39	40 – 49	50 – 59	60 and up
Elite	52 and >	48 and >	44 and >	40 and >	36 and >
Above Ave	45 – 51	41 – 47	37 – 43	33 – 39	29 – 35
Average	40 – 44	36 – 40	32 – 36	28 – 32	24 – 28
Below Ave	32 – 39	28 – 35	24 – 31	20 – 27	16 – 23
Poor	< than 32	< than 28	< than 24	< than 20	< than 16

	AGE				
Women	20 – 29	30 – 39	40 – 49	50 – 59	60 and up
Elite	48 and >	44 and >	40 and >	36 and >	32 and >
Above Ave	41 – 47	37 – 43	33 – 39	29 – 35	25 – 31
Average	36 – 40	32 – 36	28 – 32	24 – 28	20 – 24
Below Ave	28 – 35	24 – 31	20 – 27	16 – 23	12 – 19
Poor	< than 28	< than 24	< than 20	< than 16	< than 12

USING CUSTOM PROGRAMS

The CUSTOM programs allow five separate workout choices to be set and then stored for future use.

Setup for the CUSTOM programs begins just as any other program.

The user will push the CUSTOM



program button, set age, set time, and set weight. At this point, the console will ask the user to select one of five CUSTOM programs. If the programs have not yet been set, the user can follow these setup instructions:

1. Use the arrows to select one of five CUSTOM programs.
2. Press ENTER to select.
3. The dot on the bottom left corner of the dot matrix will now be flashing. Use the UP or DOWN arrow to adjust the resistance of the first segment to your desired setting.
4. Push ENTER to select.
5. Continue setting each segment until all 15 segments have been set.
6. When you have pressed ENTER after the final segment, the program will automatically begin.

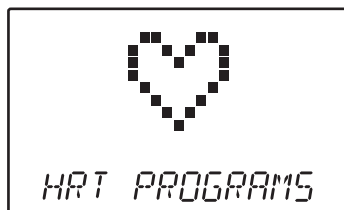
Each program will remain saved in the console's memory and can be used over again.

If the CUSTOM programs have already been saved, you have two options:

1. Press START to begin the program as it has been set.
2. Press ENTER to begin resetting each segment for a new program.

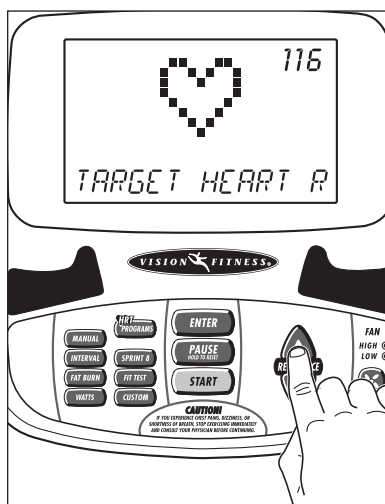
ALL HRT PROGRAMS

During the workout, the user will grasp the hand pulse sensors or wear the telemetric chest strap to send their heart rate signal to a receiver in the console. The console will continuously monitor the heart rate, adjusting the resistance level of the Bike to keep your heart rate within several beats of your target heart rate. The heart rate feedback window conveniently displays your Heart Rate, and % Heart Rate to keep you informed about your current heart rate. Each program will begin with a two-minute warm-up. When the workout time has been completed, the console will begin a five-minute cool-down. The user will be responsible for adjusting resistance as they need during the warm-up and cool-down.



ADJUSTING TARGET HEART RATE

While exercising in one of the HRT® programs, you may decide the target heart rate needs to be adjusted. To adjust your target heart rate, use the UP arrow or DOWN arrow. Push ENTER to select.



HRT CARDIO

The HRT CARDIO program is designed to maintain your heart rate at 80% of your predicted maximum heart rate. It is intended to improve efficiency and endurance of your cardiovascular system by working your heart, lungs and circulatory systems. This is a great workout for anyone, but beginners may want to start lower and build their way up to 80% of their predicted maximum heart rate.

HRT WEIGHT LOSS

The HRT WEIGHT LOSS program is designed to maintain your heart rate at 65% of your predicted maximum heart rate. The goal of this program is to burn calories by using your body's fat reserves as the primary fuel during exercise and to improve the efficiency of your workout by eliminating over-training or under-training. This is a great workout for beginners.

HRT INTERVAL

The HRT INTERVAL program is designed to increase aerobic endurance and your overall fitness level, increase endurance of muscle fibers, and increase the amount of calories burned in your exercise session. This program consists of alternating effort and recovery intervals. The target heart rate for your effort interval will be 80% of your predicted maximum heart rate, while the target heart rate for your recovery intervals will be 70% of your predicted maximum heart rate. The two-minute effort interval begins when you reach your target heart rate for that particular interval.

HRT HILL

The HRT HILL program uses four different target heart rates to build cardiovascular strength and endurance. The resistance will adjust until your heart rate reaches the target heart rate for the four separate hills. The hills will be set at 65%, 70%, 75%, and 80% of your predicted maximum heart rate. The program will keep you at each heart rate level for one minute from the time the target heart rate is reached. The program will repeat the series of hills until the workout time is complete.

USING FACILITY ENGINEERING MODE SETTINGS

Engineering mode is used to customize your Bike for your facilities needs, or to view useful information about your Bike. These features are only accessible to your staff when they press the keys in a specific sequence.

USING ENGINEERING MODE

You must supply power to the Bike by turning the pedals.

- To enter press and hold the UP and DOWN arrow keys simultaneously for four seconds or until you see the message
- When in engineering mode you can scroll through the optional settings by using the UP and DOWN arrow keys. Press the ENTER key to select the setting you wish to view or modify.
- Use the UP and DOWN arrow keys to modify the settings.
- Press the ENTER key to save your setting.
- Press and hold the PAUSE key for four seconds to exit engineering mode.

The following settings will be available in the engineering mode:

MAXIMUM TIME — The manager has the ability to set the maximum time the workouts can be set for. This feature is necessary for busy facilities that may want to limit the amount of time their users are on the Bike. The default is 99 minutes.

USER DEFAULT TIME — This mode allows you to set a specific default time for setup mode. This default time will also be used when the exerciser presses START for a quick start program.

USER DEFAULT AGE — This mode allows you to set a specific default age for setup mode. This is particularly useful when the Bike is placed at a facility where the user's age range is very specific, such as a school. This default age will also be used when the exerciser presses START for a quick start program.

USER DEFAULT WEIGHT — This mode allows you to set a specific default weight for setup mode. This default weight will also be used when the exerciser presses START for a quick start program.

USING FACILITY ENGINEERING MODE SETTINGS *continued*

USER DEFAULT LANGUAGE — This mode allows you to choose from a variety of Language options. Choose from English, German, French, Dutch, Spanish, or Italian.

MILES OR KILOMETER SETTING — This allows you to choose miles or kilometers for speed and distance. It also determines weight in pounds or kilograms.

PRODUCT TYPE SETTING — This mode is used to set which product you are using.

ACCUMULATED TIME — Displays accumulated hours of use.

ACCUMULATED DISTANCE — Displays accumulated distance in miles or kilometers.

SOFTWARE VERSION — Displays the current software version and revision date.

CLOCK SET (12 OR 24 HOURS) — Sets the clock feature for 12 or 24 hour time.

CLOCK SET (MINUTES) — Sets the minutes on the clock.

CLOCK SET (HOURS) — Sets the hours on the clock.

SERVICE AND TROUBLESHOOTING

PREVENTATIVE MAINTENANCE TIPS

- Locate Bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Make sure pedals are kept tight to crank arms.
- Keep the display console free from fingerprints and salt buildup caused by sweat.
- Use a cotton cloth with water and a mild cleaning product to clean the Bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<i>ITEM</i>	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
DISPLAY CONSOLE	CLEAN	INSPECT		
CONSOLE MOUNTING BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
SEAT FRAME	CLEAN	INSPECT		
HANDLEBARS	CLEAN	INSPECT		
PLASTIC COVERS	CLEAN	INSPECT		
PEDALS AND STRAPS	CLEAN	INSPECT		
SEAT	CLEAN		INSPECT	

TROUBLESHOOTING

Our Bikes are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may reveal the cause.

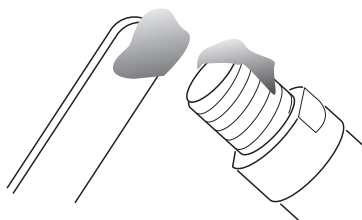
PROBLEM: The console does not light up.

SOLUTION: Make sure you are pedaling the Bike.

SOLUTION: Make sure the wire harness is plugged into the back of the console.

PROBLEM: The Bike is making a clicking noise.

SOLUTION: Using the pedal wrench supplied with your Bike, remove both the left and right pedals, apply grease to the threaded portion and reassemble the pedals onto the Bike. Make sure the pedals are tight.



SOLUTION: Make sure the pedal straps or your shoe laces are not hitting the side cover.

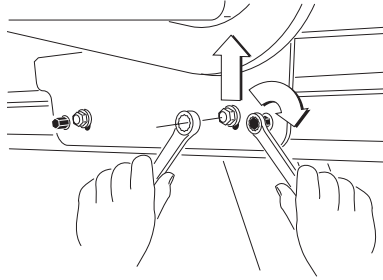
SOLUTION: Assure seat adjustment is tight (see pages 8 and 9).

PROBLEM: The Bike makes a squeaking or creaking noise.

SOLUTION: Check and tighten all hardware.

PROBLEM: The seat on your semi-recumbent Bike rocks from side to side.

SOLUTION: With a 13mm wrench, loosen the Fixing Nuts on the side of the seat frame. With an 11mm wrench, pivot the Adjusting Post so the Fixing Nut is at the *top* of the slot. Tighten the Fixing Nut with the 13mm wrench.



NOTE: If the above steps fail to remedy the problem, discontinue use, turn the power off and contact your retailer.

OBTAINING SERVICE

Do not attempt to service this Bike yourself except for the maintenance tasks described in this manual. For information on service to your VISION FITNESS Bike, contact the local retailer from whom you purchased the Bike. To expedite service, please make sure to have your serial number available. The serial number is found on a label located on the front support tube of your Bike.

SERIAL NUMBER: _____

LIMITED HOME USE WARRANTY*

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM - LIFETIME VISION FITNESS warrants the Cambridge Motor Works™ Generator System against defects in workmanship and materials for the life of the product, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - FIVE YEARS VISION FITNESS warrants the Electronic components and all original Parts against defects in workmanship and materials for a period of five years from the date of purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS VISION FITNESS shall cover the Labor cost for the repair of the device for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

*E3800HRT & R2850HRT Limited Home Use Warranty valid in North America only

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to two years. All Labor shall be supplied by the local Retailer and the product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Cambridge Motor Works™ Generator, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Fitness Bike. Thank you for selecting a VISION FITNESS product.

COMMERCIAL WARRANTY*

COMMERCIAL USES DEFINED VISION FITNESS warrants the *E3800HRT* & *R2850HRT* Fitness Bikes for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM, ELECTRONICS & PARTS - FIVE YEARS VISION FITNESS warrants the Generator System, Electronics & Parts against defects in workmanship and materials for a period of five years from date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS For a period of two years from the date of purchase, VISION FITNESS, through its local retailers, will provide the necessary Labor for repair and replacement of Frames, Electronics, Motors, and Parts under this warranty, so long as the device remains in the possession of the original owner.

**E3800HRT* & *R2850HRT* Commercial Warranty valid in North America only

COMMERCIAL WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts or the supply of Labor to cure any defect, provided that the Labor be limited to one year.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. We suggest that commercial facilities register via our website at www.visionfitness.com and complete the commercial customer survey. Your care in completing the survey will be of value to us in serving you in the future. You may also register by filling out and mailing in the enclosed warranty card. Comments and suggestions are always welcome. We are certain you will enjoy your new Fitness Bike. Thank you for selecting a VISION FITNESS product.

*it all
starts
with a
v i s i o n*



500 South CP Avenue • P.O. Box 280
Lake Mills, WI 53551
toll free 800.335.4348 • phone 920.648.4090
fax 920.648.3373
www.visionfitness.com

©2006 Vision Fitness. All Rights Reserved.
HRT is a Trademark of Vision Fitness.
11.06
OM18.47PRD
REV1